

# Quitters-Contact 1



*Because You  
Love Your  
Baby, Keep  
The Air  
Smoke-Free.*

*M♥O♥M♥S♥ Project*

Oregon Research Institute  
1899 Willamette Street  
Eugene, Oregon 97405-7716

AMERICAN  LUNG ASSOCIATION  
of Oregon

*In Portland*  
224-5145

*Elsewhere in Oregon*  
1-800-545-5864

*"We Care About  
Every Breath You Take"*

AMERICAN  LUNG ASSOCIATION  
of Oregon  
1776 S.W. Madison  
Portland, Oregon 97205

AMERICAN ACADEMY  
OF PEDIATRICIANS  
Oregon Chapter





## Why is it important?

- Everyone in the same room with a smoker breathes in that smoke, including your baby.
- Second-hand smoke can harm those you love.
- The smoke from the burning end of a cigarette is filled with more tar and nicotine than the smoke inhaled directly.
- When your baby is forced to breathe in cigarette-polluted air, things happen that you can't see.
  - Your baby's heartbeat speeds up.
  - Your baby's blood pressure rises.
  - Dangerous carbon monoxide seeps into your baby's blood.

## What are the facts?

- Lung illness is twice as common in young children whose parents smoke at home as it is in children of non-smoking parents.
- Asthma can be aggravated by second-hand smoke.
- Babies in their first year have higher rates of pneumonia and bronchitis if their parents smoke at home.
- There is an increased incidence of Sudden Infant Death Syndrome (SIDS) in children exposed to second-hand smoke.
- As they grow older, children of smokers may be shorter and smaller than non-smokers' children.
- Children of smoking parents are twice as likely to smoke when they get older as children of non-smoking parents.



***Because you love your baby,  
don't smoke.***



- Nicotine in your breast milk may be bad for your baby.
- Babies have little lungs and airways. Breathing smoke-filled air causes those tiny airways to get even smaller. Breathing can be blocked or impaired.
- Babies and young children breathe much faster than adults. They inhale more air - and more pollution - compared to their total body weight. Many of their lungs' defenses have not developed yet.

## What can you do?

- If you smoke, stop!
- Don't allow anyone to smoke around your baby.
- For more information, contact the Lung Association office or your pediatrician.



# M♥O♥M♥S♥ Project

Dear Mom,

As your pediatrician, I am concerned about your baby's exposure to anything harmful. Tobacco smoke is bad for babies. Babies who are exposed to tobacco smoke have many more problems with lung, ear, and sinus infections than babies who are not. The enclosed brochure tells you more about the ways that cigarette smoke harms your baby. Please take the time to read this over.

If you or anyone else at home smokes, it's time to quit - for your health and the health of your baby. Protecting your baby from tobacco smoke is very important. If you stopped or cut back on your smoking during pregnancy, this is a good time to avoid going back to your previous habit.

I care about your baby. I know you want to protect your baby's health. Don't let your baby be exposed to tobacco smoke.

Thank you for taking the time to read this letter and the enclosed materials. I wish all the best to you and your new child.

Warm regards,

NEW BABY

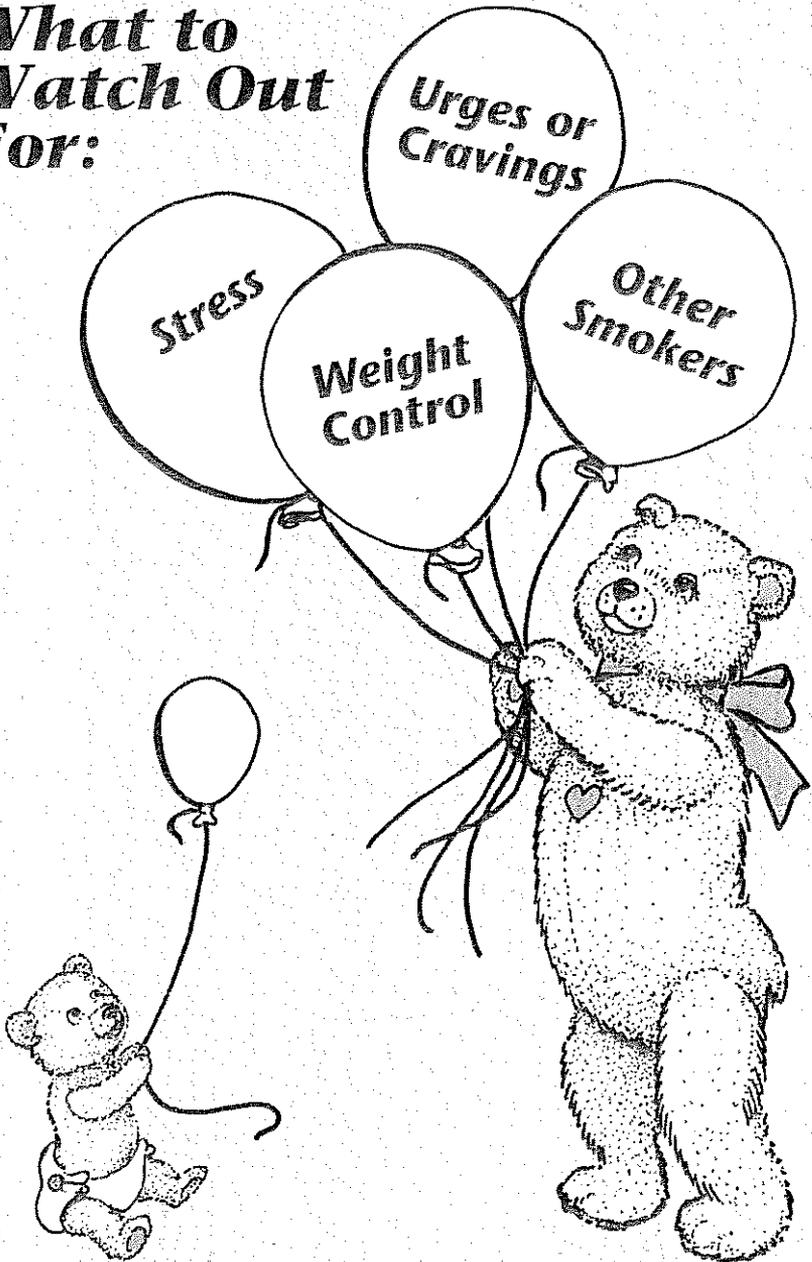
NO  
SMOKING  
PLEASE!



# Quitters-Contact 2

# *Not Smoking?*

**What to  
Watch Out  
For:**

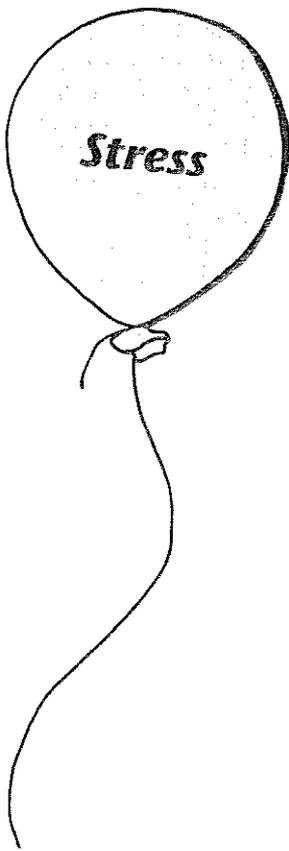


**Y**ou quit smoking during (or even before) your pregnancy. You did it for your baby. And it probably wasn't easy. Now that you have a healthy baby you can feel proud. **But**, maybe you're thinking about whether you should or can stay quit. We want to help you.

### **Good Thinking!**

You're smart to want to stay an ex-smoker. Quitting during pregnancy gave you and your baby a good start. Now it's smart to stay away from cigarettes for your own sake and for your baby's health. Another pamphlet, "There's A Baby In The House. Please Don't Smoke!", explains why it is so important to keep your baby away from tobacco smoke. Staying an ex-smoker will greatly benefit you as well.

- ♥ You'll reduce your risk of cancer and heart disease.
- ♥ Your lungs will be healthier and you will have fewer colds.
- ♥ You'll feel good about yourself because you quit.
- ♥ You'll be setting a good example for your family.
- ♥ Your clothes and even your baby's clothes won't smell of smoke.



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Being a new mother is very stressful. You may want to turn to cigarettes to help you cope, or as a reward for what you are going through.

**Ways to cope with stress:**

- ♥ Deep breathing.
- ♥ Walking.
- ♥ Talking to a friend who understands.

**Reward yourself:**

- ♥ A new haircut.
- ♥ Lunch with a friend.
- ♥ A babysitter for a special night out.

**How would you reward yourself?**

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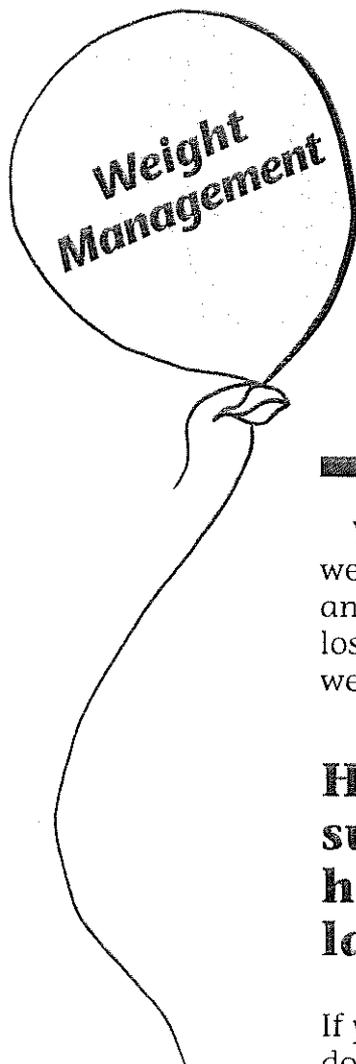
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You may also find yourself back in old social situations where you used to smoke, especially where alcoholic beverages are being served. This may tempt you to “enjoy just one cigarette.”

- ♥ Ask yourself if a cigarette would really add to your enjoyment or your sense of success.
- ♥ Not having more than one drink will help you resist cigarettes and is also best for your baby if you are nursing.
- ♥ Step outside or go to another room for a few minutes.

**As you can see, there are ways to deal with situations where you are tempted to smoke.**



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You may worry about losing the extra weight you put on during pregnancy, and think that smoking will help you lose weight. You can manage your weight without smoking.

**Here are some suggestions for helping you avoid large weight gain.**

If you're nursing, be sure to talk to your doctor about a proper diet before trying to lose weight.

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***To reach the same health risk as smoking one pack of cigarettes per day, the average smoker would have to be roughly 125 pounds overweight.***

## Drinking

- ♥ Drink a whole glass of water or a low-calorie drink without caffeine before you eat a meal.
- ♥ Drink a glass of water whenever you feel hungry.

## Snacks

Stock up on these for snacks--each is under 100 calories:

- ♥ 1: peach, pear, apple, slice raisin bread, small bran muffin
- ♥ 1/2 of: bagel or whole wheat english muffin

## Eating

- ♥ Eat more fish and chicken instead of meat.
- ♥ Bake or broil, do not fry.

When actually eating, use these tips:

- ♥ Take smaller portions (use a smaller plate).
- ♥ Eat slowly.
- ♥ No second helpings.
- ♥ Leave the table as soon as you've finished.
- ♥ Drink a lot of water with your meal.

## Cravings

Reduce your cravings for sweets by eating good foods.

- ♥ Keep plenty of these healthy snacks around:
  - apples • bananas • carrots
  - celery • unbuttered popcorn • rice cakes
  - saltines • low-calorie popsicles • graham crackers

## Physical Activity

Physical activity is very important. There are all kinds of ways to be more active.

- ♥ Start walking places instead of riding or driving to them.
- ♥ Take your baby on walks.

Physical activity is also an excellent way to help you cope with any cravings to smoke that you might get.



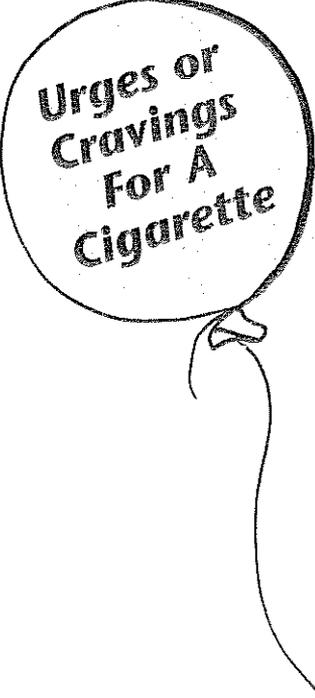
## Other Smokers

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Your baby's dad, other relatives, or friends may be smokers. Their smoking may be a constant reminder or temptation to smoke.

**This can be a tough one, but it can be managed.**

- ♥ For your baby's sake, you should ask them not to smoke in your home.
- ♥ You can also tell them you have quit and ask for their support.



## Urges or Cravings For A Cigarette

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As you're feeling better after delivery, your urges or cravings for a cigarette may increase. You may go through some withdrawal symptoms, like feeling irritable or having trouble concentrating.

The longer you don't smoke, the less frequent and less intense these urges will be.

### **Use substitutes for smoking:**

- ♥ Chew gum.
- ♥ Nibble carrot sticks.
- ♥ Suck on cinnamon sticks or hard candies.

### **Try:**

- ♥ Taking deep breaths.
- ♥ Walking.
- ♥ Singing to your baby.

## ***If You Do Slip***

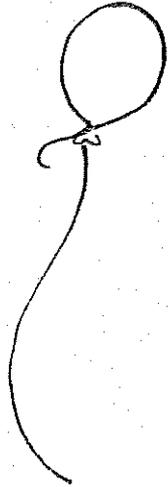
Perhaps you have smoked once or twice. Maybe one of the situations just described led you to smoke a few cigarettes.

**Does this make you a smoker again?** It's just a slip, and many people have a slip and go right back to being an ex-smoker.

Don't get too upset about the slip. It does not mean you're a hopeless addict. You got off track, but you can get right back on course.

Review the tips listed above and see how they might help you go back to being an ex-smoker.

**Staying an ex-smoker may be hard for a while, but it's worth it; for you, for your baby, and for your family.**





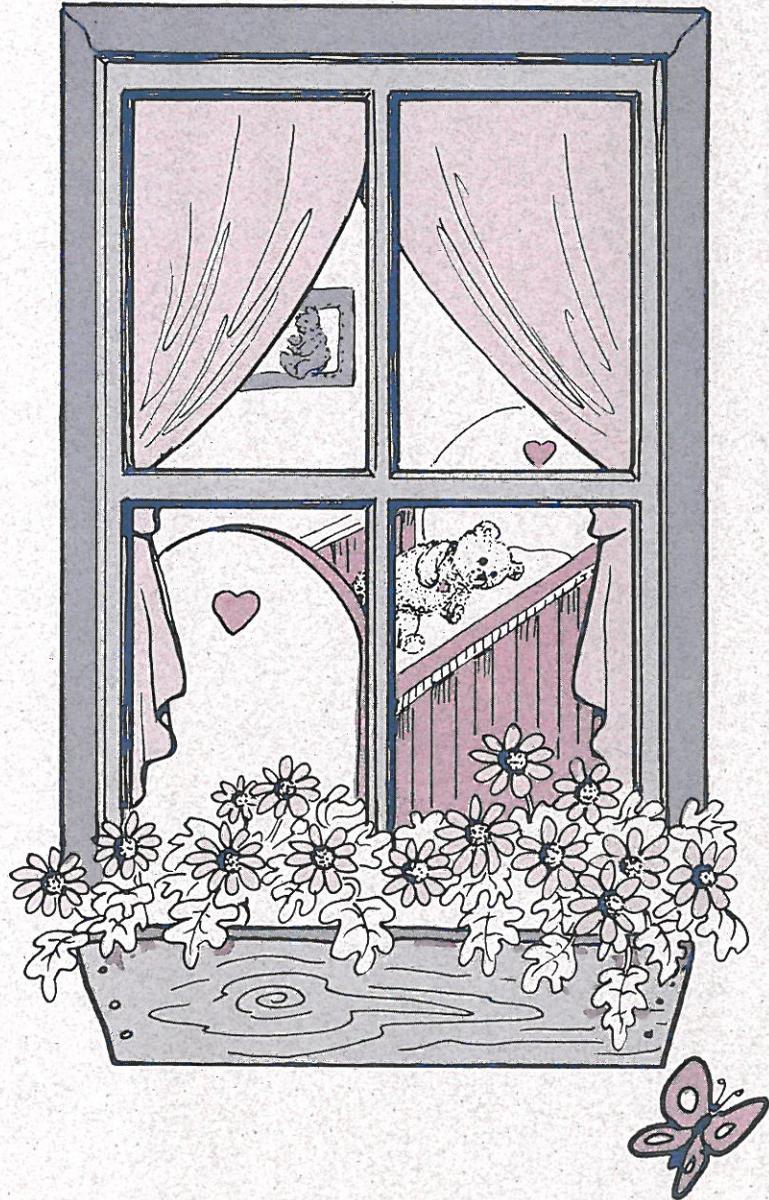
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## ***Is Your Baby Smoking?***

If someone in your household is smoking, then your baby is smoking, too.

No baby should ever be exposed to tobacco smoke. It's immediately harmful to babies with breathing problems, and it can bring about illness for all babies later on.



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# ***There's A Baby In The House. Please Don't Smoke!***



## Does A Baby Really Smoke?

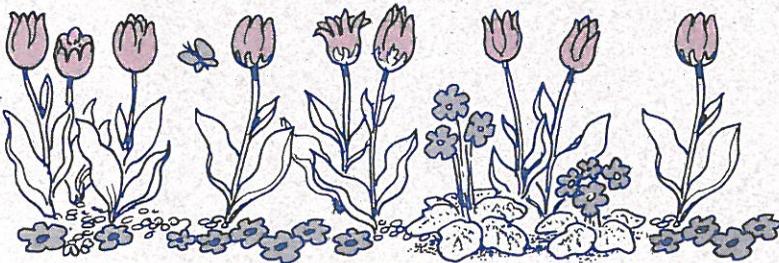
Yes. When a baby is exposed to smoke, small quantities of nicotine, carbon monoxide, and other substances in the smoke pass into the baby's body. The by-products of nicotine are found in the baby's urine and saliva. The more the mother smokes, the greater the amounts. So a baby really does smoke when someone nearby is smoking.

## What Harm Does Tobacco Smoke Cause?

More than 40 recent studies have shown that tobacco smoke endangers the child. The greater the exposure--two parents smoking rather than one--the greater the harm. In fact, hospital admissions for bronchitis, pneumonia, and other related illnesses can be twice as frequent for babies whose parents smoke. Exposure to smoke is also a cause of colic in some babies.

The most damage occurs in infants under two years old. They may be especially susceptible because their lungs are immature and their immunity to respiratory infections is not well developed. Their lungs have to work harder, breathing in and out more air for their size, than the lungs of older children and adults.

Even healthy babies may be harmed by exposure to tobacco smoke. Those with breathing problems such as asthma and allergies need special protection, because smoke can cause severe attacks of coughing and wheezing. Most frightening of all is that smoking is related to SIDS (Sudden Infant Death Syndrome). Not much is understood about this tragedy, but quitting smoking is one thing you can do to lessen your baby's risk of sudden death.



## Tobacco Smoke and Lung Performance

Lungs can be tested for how well they take in air. Babies and young children whose parents smoke don't test as well as those whose parents don't smoke. This may lead to lung disease later in life, especially if the child starts to smoke.

## But What If I Smoke, Or Someone Else In My Home Smokes?

Nobody needs to tell you to quit. You already know that. You've probably even tried before. Most people have. But only those who keep on trying will be able to quit for good. In fact, 39 million Americans have succeeded. So you can, too. And now that there's a baby in the house, it's the perfect reason for you and others in your home to stop.

### Here's how to quit:

- ♥ Set a quit date.
- ♥ Get rid of all your smoking things.
- ♥ Have cigarette "substitutes" handy at all times.
- ♥ Ask for support from family and friends.

## What Can We Do Until We Quit?

You need to protect your baby. Just follow these simple rules:

- ♥ Never, ever smoke while holding, bathing, or feeding the baby.
- ♥ Never bring a cigarette into the area where the baby is sleeping. Ask relatives and friends not to smoke there.
- ♥ Put off smoking when the baby is with you and in other parts of the home.
- ♥ Insist on no-smoking areas when you visit public places with your baby.

**But remember, none of these is as effective as stopping smoking.**

## Smoking Now, Smoking Later

Children need protection from smoking even after they are no longer babies. The most important influence is the family. When one or both parents smoke, their children are two times more likely to become smokers than children in families where neither parent smokes.

You can get help from your doctor or nurse, or from local offices of the American Cancer Society, The American Heart Association, and the American Lung Association. Or you can telephone (any time before midnight) the National Cancer Institute's health information service; the toll-free number is 1-800-4-Cancer (422-6237).

**Please  
Don't Smoke!  
There's A Baby  
In The House.**

Adapted from "There's A Baby in the House. Please Don't Smoke", Office on Smoking and Health, Department of Health and Human Services.



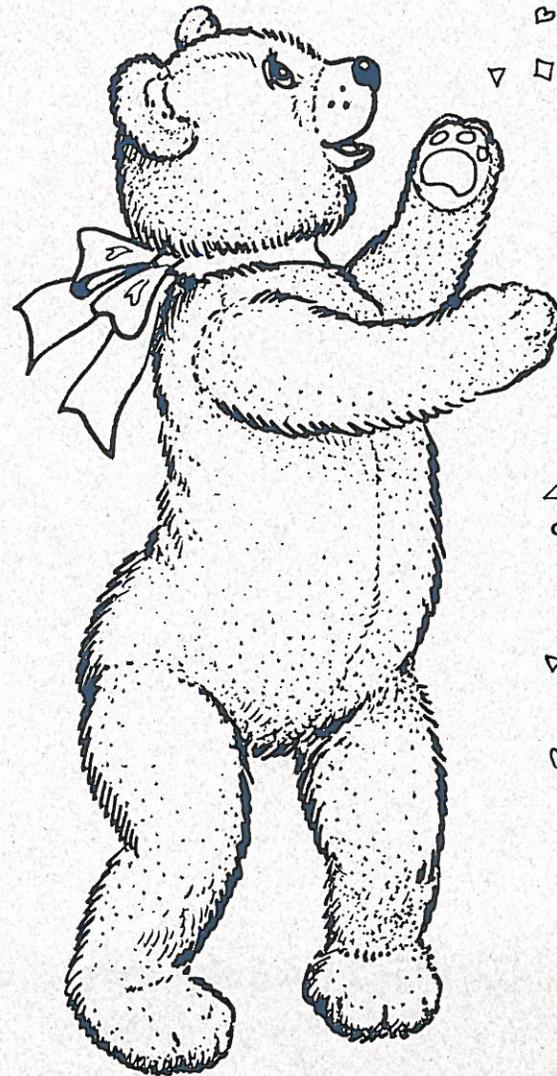
# Quitters-Contact 3

# Congratulations!

You're well on your way to becoming an ex-smoker for good.

By now it should be getting easier for you.

But there are still some things to watch out for ...



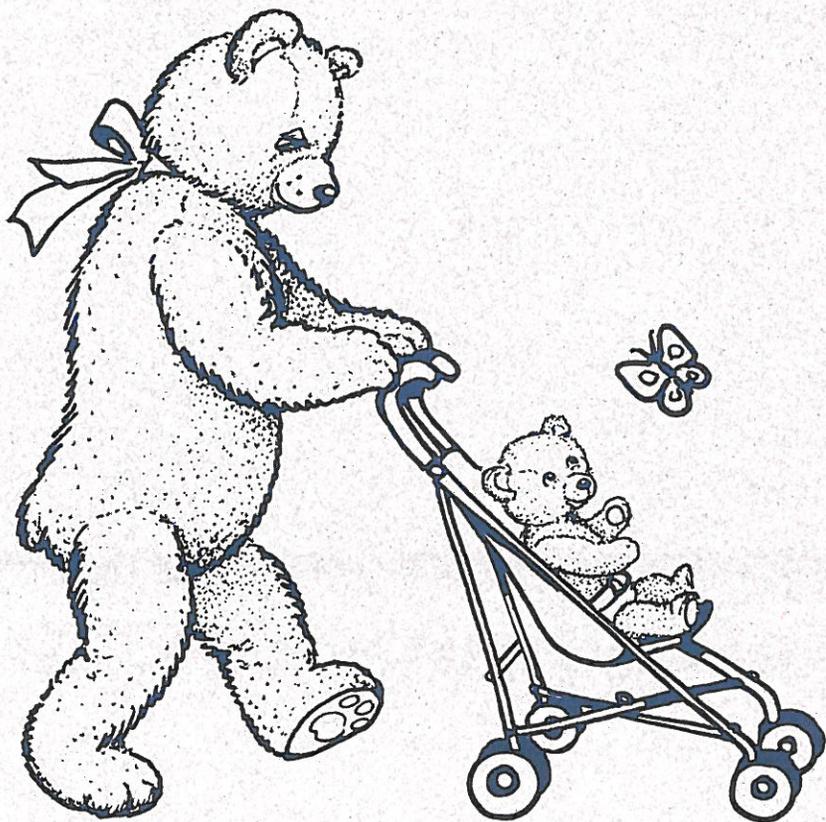
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## Unexpected urges or cravings:

These are most likely when you're in a situation where you used to smoke. When you get an urge to smoke, try these instead:

- ♥ Sing to your baby/listen to music.
- ♥ Start a load of laundry.
- ♥ Visit a neighbor or a friend.
- ♥ Do something physical--walk your baby.
- ♥ Take deep breaths.
- ♥ Use cigarette "substitutes": gum, hard candies, celery and carrots, toothpicks, straws.
- ♥ Drink water.
- ♥ Remind yourself that you only have to handle one urge at a time.
- ♥ Remember how quitting helps your baby.



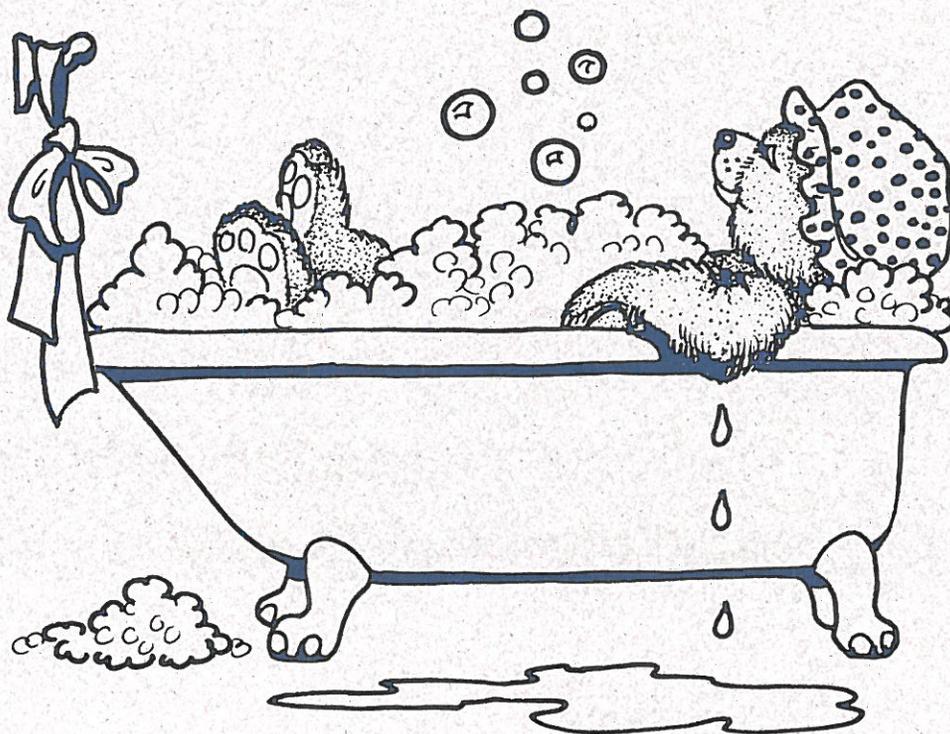
## At a party or social occasion where other smokers (and alcohol) are present:

- ♥ Remind yourself that you are no longer a smoker.
- ♥ Avoid alcohol.
- ♥ Leave or step outside for a few moments.
- ♥ Hang around the non-smokers.
- ♥ Tell people you've quit smoking.

## During times of stress:

- ♥ Play with your baby.
- ♥ Talk with a friend.
- ♥ Cry.
- ♥ Read a magazine.
- ♥ Walk around the block.
- ♥ Take a hot bath or shower.
- ♥ Sit down and listen to some music.
- ♥ Go for a drive.

You have a lot of ways of coping without cigarettes and you're well on your way to a life that's *tobacco free*.





# M♥O♥M♥S♥ Project

Dear Dad,

We are writing you to talk about tobacco smoke and your baby's health. You may have heard about "passive smoke exposure," "involuntary smoking," or "second-hand smoke." These refer to breathing in tobacco smoke from smokers. Everyone in the same room or even the same house with a smoker breathes that smoke. This can be very harmful to your baby's lungs. Babies whose parents smoke have lung illnesses like bronchitis and pneumonia twice as often as children of non-smokers.

If you smoke, you may try to avoid smoking around the baby, but any smoke in the car or house can harm your baby. Right now would be a great time to quit, both for your health and the health of your new baby.

Your smoking also makes it harder for your wife or partner to quit. If she has quit, it makes it more tempting for her to start again. Help her, yourself, and your family. Decide today to quit smoking. We have free, helpful information on ways to quit. If you feel you can't stop or that you don't want to, then please don't smoke near your baby. It would be best to smoke outside.

Maybe you have thought about quitting before, or have even tried to quit. Now is the time to try again. It takes most smokers more than one try to make it.

If you don't smoke, you can support your wife or partner's effort to keep smoke away from your baby. Ask how you can help. If she is still smoking, encourage her to think about quitting. Be sure not to nag or preach. It's your support that she needs.

Thank you for taking the time to read this letter. We know you care about the health of your baby.

Warm regards,

# Quitters-Contact 4



# *You Don't Smoke!*

## *"Good for you!"*

You haven't had a cigarette for quite a while. You should feel proud about what you have done. By not smoking, you have improved your health and your baby's health. Let's keep it that way! Now, your urges or temptations to smoke probably don't come as often and aren't as strong. But beware! It can be helpful to remind yourself of the risks of smoking.

## *"Be prepared!"*

There are a few dangerous situations reported by many people who have been off cigarettes for a long time. Think ahead of what you might do if they happen to you.

- ♥ *You meet some old friends you haven't seen for a long time. You used to smoke together. Maybe you have a beer or a glass of wine together. You can tell your old friends you've quit. They should be glad for you. (If they're not, maybe they're not such good friends.)*
- ♥ *You get hit by a bunch of bad breaks and you remember that smoking once helped you cope with disappointment. But did it really? Cigarettes won't change your luck.*
- ♥ *You remember that sometimes a cigarette was very enjoyable and wonder what "just one" would taste like now. Instead, think about the ones that didn't taste good. You can decide that it's not worth the risk to have a cigarette.*

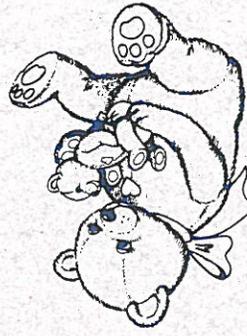
Remember, you do not smoke. You can stand stress and cope with it in other ways. Think of the good things in your life, such as your healthy baby, talk to a friend who understands and supports you, and remind yourself that you've made it this far.

Funded by NHLBI, Division of Lung Diseases

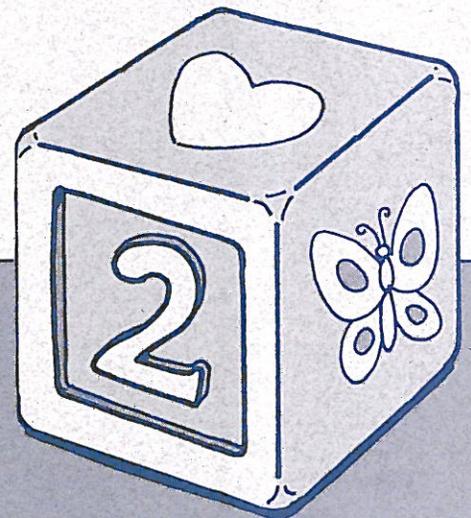
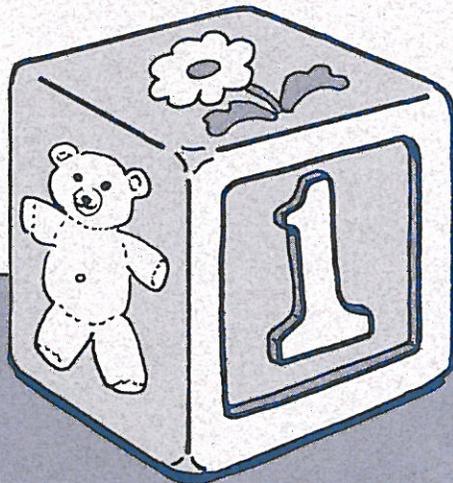
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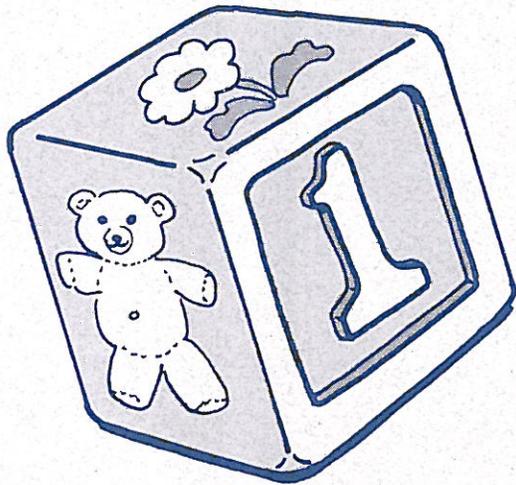
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# *Two good reasons for not smoking!*





## ***Your Family Needs You***

You have a very important role in your family; they depend on you. Do you really want to risk getting sick from smoking? Smokers have a much higher risk of death or disability at a younger age than nonsmokers. A tragically high number of smokers die from cigarette-related diseases in early middle age, when their children still need them.

About 80% of lung cancers are caused by smoking, causing 130,000 deaths per year in the United States. Death rates from cancer of the pharynx, larynx, esophagus, tongue, and mouth are about six times as great for smokers as for nonsmokers. Death rates from heart disease are twice as high for smokers as nonsmokers. Death rates from peptic ulcers are nearly three times as high.

We don't want this to happen to you or your family.

## ***Children Learn From Examples Set By Their Parents***

No one is born with a craving to smoke. The first cigarette you smoked probably tasted awful. So why did you continue? Young people smoke for many reasons. All of their friends might smoke. Smoking probably seems sophisticated and grown up. Or maybe they want to rebel against parents or teachers.

Studies show that children of smoking parents are twice as likely to smoke as children of nonsmoking parents. Maybe your parents even said, "Do as I say, not as I do" and you smoked just to make them mad.

Now is the time to ask yourself: Do I want my baby to grow up and be a smoker? People who start smoking at a young age find it harder to quit later, since the habit has had more time to become routine. The ill effects of smoking have had longer to develop, too. So the life expectancy of a smoker who starts at a young age is shorter than that of a person who begins later in life, and far shorter than someone who never smokes at all.

Please stop smoking. Your family needs you and wants you with them for a long time. Your child will grow up with a nonsmoking mom and will be less likely to start!

